

# RESOURCE GUIDE



Office of  
Mental Health



## NASSAU COUNTY

This resource guide includes information about where to find help in your local community. All the programs and services listed below allow you to self-refer and some may offer walk-in appointments. Please note that these resources are listed as a starting point.

For a full list of providers please visit the Mental Health Program Directory at <https://my.omh.ny.gov/bi/pd>.

### Crisis Services & Support

#### 988 Suicide and Crisis Lifeline

If you are in crisis, experiencing emotional distress.

Hours: Available 24/7

Contact: Call or text 988

#### Long Island Crisis Center 24/7 Hotline:

Hours: Information and referrals available 24/7.

Contact: 516-679-1111

#### Nassau County Mobile Crisis Team— Support & Safety Crisis Group

Available to respond to mental health crises quickly in the home or in the community.

Contact: 516-227-TALK (8255)

Hours: Available 8am-12am 7 days a week

#### Comprehensive Psychiatric Emergency Program (CPEP)

Stony Brook University Hospital

Address: 100 Nicolls Rd; Stony Brook, NY

Contact: 631-444-6050

Hours: 24-hr psychiatric emergency room

#### NYS Domestic Violence Hotline:

1-800-942-6906

#### Adult Behavioral Health Crisis Center at Zucker Hillside Hospital

Address: 75-59 263rd Street Glen Oaks NY

Contact: 718-470-8300

Hours: Crisis Center Walk-ins Mon-Fri 9a-3p

#### The Trevor Project

24/7 Crisis services for LGBTQ+ Individuals

Contact: 1-866-488-7386

#### Intensive Crisis Stabilization Centers

24/7 voluntary program for individuals in crisis who are feeling overwhelmed due to substance use, mental illness and/or other life stressors.

#### FSL Diagnostic, Assessment, and Stabilization Hub (DASH)

Address: 90 Adams Ave Hauppauge, NY

Contact: 631-952-3333 for more information about services

Hours: 24/7/365

#### CN Guidance & Counseling Services

*Community Crisis Center*

Address: 950 S Oyster Bay Rd, Hicksville, NY

Contact: 516-822-6111

Hours: Open 24/7/365

## Mental Health Treatment & Rehabilitation

#### CN Guidance & Counseling Services

*Integrated Counseling and Recovery Services*

Address: 950 South Oyster Bay Rd, Hicksville, NY

Contact: 516- 822-6111 prompt 3.

Open Access Hours: Tues 9a-10:30a, Thurs 2:30p-4p

Bring photo ID & insurance card

\*\*Patient Navigators available for Medicaid

Assistance\*\*

#### Family & Children's Association (FCA)

*Family Treatment & Recovery Center*

Address: 180 Broadway, 2nd Floor Hicksville NY

Contact: 516-935-6858

Walk-In Hours: Mon 3p-7p, Tues 12p-6p, Wed 9a-11a,

Thurs 9a-3:30, Fri 9a-12p

Bring photo ID & insurance card

#### Amudim Shvilim Center

Address: 45 Bayview Ave, Inwood, NY

Contact: 929-419-7310

Hours: Mon-Thurs 9a-10p, Fri 9a-4p. Sun 9a-7p

(Walk-ins welcome)

#### Charles Evans Center

*Multiple Locations*

*Glen Cove:* 113 Glen Cove Ave, Glen Cove, NY

*Bethpage :* 857 South Oyster Bay Road, Bethpage, NY

*Seaford:* 2146 Jackson Avenue, Seaford, NY

Contact: 516-622-8888

Hours: Mon-Thurs 9a-8p, Fri 9a-5p

(Walk-ins welcome 9a-5p)

## Peer Support Services

### Hands Across Long Island (HALI)

**Peer Recovery Center:** self-help groups, food pantry and more.

Address: 159 Brightside Ave, Central Islip  
Contact: 631-234-1925 M-F 8:30a-4p walk-ins welcomed.  
Hours: Mon-Fri 8:30a-4p (walk-ins welcome)

### CN Guidance & Counseling Services

**Starry Night Café** Evening Social  
Address: 950 S Oyster Bay Rd, Hicksville, NY  
Contact: 516-396-2800  
Hours: Thurs 5p-9p, Fri-Sat 4p-11p

### Mental Health Association of Nassau County

*Strategic Opportunities to Achieve Recovery (SOAR)*  
Address: 16 Main St, Hempstead, NY  
Contact: 516-489-2322  
Hours: Mon-Fri 9a-4p (Walk-ins welcome)

**Consumer Link:** connects individuals with staff in recovery who identify as having similar challenges  
*Phone Linkage: Peer Warm Line; Call 516-489-0100*

## Addiction or Substance Use Treatment and Support

### Nassau University Medical Center (NUMC)

Address: 2201 Hempstead Tpke, East Meadow NY  
Contact: Detoxification: 516-572-6394—Walk into ER  
Rehabilitation: 516-572-9419

### South Shore Child Guidance Center

Address: 114 Church St. Freeport, NY  
Contact: 516-868-3030 x4  
Hours: Mon-Thurs 9a-9p, Fri-Sat 9a-5p  
\*\*Same day appointments\*\* Bring insurance & ID

### Hispanic Counseling Center

Address: 344 Fulton Avenue, Hempstead, NY  
Contact: 516-538-2613  
Hours: Mon-Thurs 9a-8p, Fri -Sat 9a-4p

### New Horizon Counseling Center

Address: 50 W. Hawthorne Ave, Valley Stream, NY  
Contact: 516-872-9698  
Call for screening and intake appointment

### OASAS Hope Line

Crisis intervention support, and information regarding addiction and problem gambling assessments, interventions, treatment and support in NYS.  
Contact: call **1-877-8-HOPENY (467369)** or text HOPENY (467369).  
Hours: 24/7

### Support Group Hotlines

**Alcoholics Anonymous (AA):** 631-669-1124(Avail 24/7)  
**LI Gamblers Anonymous:** 855-222-5542(Avail 24/7)  
**Narcotics Anonymous:** 631-689-6262 (Avail 24/7)  
**AI-Anon:** 516-433-8003 (Avail Mon-Sun 8a-12a)  
**Co-Dependents Anonymous:** 516-500-2632  
**Gam-Anon:** 718- 352-1671(Avail Tues & Thurs 9a-5p)  
**Overeaters Anonymous:** 505-891-2664 (Avail Mon-Fri 8-4:30p)

## Other Services

### Mary Brennan INN (Soup Kitchen & Resource Center)

Spanish speaking counselors & connections to other services if needed  
Address: 108 Madison Avenue, Hempstead, NY  
Contact: 516-486-6243  
Hours: Mon-Fri 9a-2p  
Dine in/takeout food until 430pm.  
Showers are first come first serve 9am arrival.

### THRIVE Long Island—Community Center

Address: 1025 Old Country Rd, suite 400, Westbury, NY  
Contact: 516-765-7600 or [www.ThriveLi.org](http://www.ThriveLi.org) for updated calendar  
Hours: Mon-Fri 12p-8p, Sat 2p-9p

### Department of Social Services

Address: 60 Charles Lindbergh Blvd, Uniondale, NY  
Contact: 516-227-8519  
Hours: Mon-Fri 8a-4p

### Pride For Youth (PFY) Bellmore

Provides Counseling, Employment and Legal Services for LGBTQ+ individuals.  
Address: 2050 Bellmore Ave, Bellmore, NY  
Contact: 516-679-9000

### Nassau County NY Connects

Free information and resources on Long-Term Support Services for older people and individuals of all ages with disabilities.  
Contact: (631) 853-8200 or (631) 730-3737

### Self-Initiated Living Options, Inc.—Food Pantry

Address: 3253 Route 112 Bldg. 10 Medford, NY  
Contact: 631-730-3737 (call ahead to schedule food pickup)  
Hours: Mon-Thurs 9a-2p, Fri 9a-12p

### Long Island Coalition for the Homeless Safe Options Support (SOS)

Mobile Outreach Team that assists street homeless individuals with accessing housing  
Contact: 631-464-4314 ext 170

To find more mental health programs and services, visit our website at: [www.omh.ny.gov](http://www.omh.ny.gov)



BeWell.ny.gov



Get Connected. Get Help.™